

INShape Indiana Fact Sheet

INShape Indiana progress

- INShape Indiana launched in July 2005 – challenging individuals to live healthier lifestyles (stop smoking, eat better, move more).
- Web site created, serving as a clearinghouse of information on programs/activities around the state in areas of nutrition, exercise, and smoking cessation, as well as links to dozens of health-related sites. Web site has received over 12 million hits.
- INShape Indiana partners with DNR to hold fitness walks in state parks throughout Indiana (2005 – 2007)
- INShape Indiana INSight Youth Corps created, training high school students to conduct peer education on healthy lifestyle choices.
- Hosted three annual statewide health summits bringing together leaders from health, business, and education from around the state to focus on obesity prevention, smoking cessation, and employer wellness plans. (2005-2007)
- 57,642 INShape Indiana participants currently registered from all 92 counties.
- 47 county coalitions formed in collaboration with Purdue Cooperative Extension Service to address obesity prevention on the local level. (2005)
- County recruiter network formed as part of the promotion of the “10 in 10” Challenge, linking INShape Indiana efforts to those at the local level. (2007)
- INShape Indiana received a national “Innovation in Prevention” award from the U.S. Department of Health and Human Services (2007)

State Employee Wellness

- State agencies were directed to adopt a wellness plan to improve health and fitness of employees (provide health screenings, educational programming, and fitness activities), and Wellness Council was established.
- Some state agencies have created fitness centers for employees (ISDH, correctional facilities).
- Bikeports (secure space to store bicycles) were installed on the Indiana Government Campus in Indianapolis
- INShape Indiana healthy options added to state employee cafeteria menu.
- Provide Health Savings Account option for State Employees and \$500 reduction in annual health plan deductible to those who pledge not to use tobacco.
- Initiated health risk assessment and health coaching system to improve the health and well-being of state employees and spouses.
- Made the Indiana Government Campus in Indianapolis Smoke-Free (as of 1/1/06)

Recent improvements shown in 2007 Youth Risk Behavior Survey

- 13.8 percent of students were overweight in 2007, compared to 15 percent in 2005.
- 18.2 percent of students reported eating fruits and vegetables five or more times per day each week in the 2007 survey, compared to 15.5 percent in 2005.
- There was an increase in the percentage of students who were physically active for a total of at least 60 minutes per day on five or more days of the week from 32.2 percent in 2005 to 43.7 percent in 2007.
- The percentage of students who watched three or more hours per day of TV on an average school day decreased from 32.9 percent in 2003 to 28.7 percent in 2007.
- The number of young people smoking cigarettes decreased, with 53.3 percent of students reporting ever trying cigarette smoking in 2007, compared to 60.4 percent in 2003.